

Macomb CountySenior Nutrition Program

Second Meal and Saturday Sack Lunch

Menus

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Date	5/10/2010	5/11/2010	5/12/2010	5/13/2010	5/14/2010
	6/21/2010	6/22/2010	6/23/2010	6/24/2010	6/25/2010
	8/2/2010	8/3/2010	8/4/2010	8/5/2010	8/6/2010
Entrée	Sloppy Joe sandwich (3 oz)	Tuna salad (3 oz.)	Macaroni & cheese (6 oz)	Breaded chicken patty sandwich (3 oz)	Meatloaf Sandwich (3 oz.)
Vegetables	Parsley round potatoes	Macaroni salad w/ vegetables	Carrot coins	Pasta salad w/ vegetables	Potato salad
	Baked Beans	Cheesy pea salad	Creamy cucumbers & onions	Tomato slices (2) & shredded lettuce (1/4 c)	Marinated three bean salad
Bread	Whole wheat bun	Seedless rye bread	Dinner roll, 2 oz	Whole wheat bun	White bread, 2
Fat Exchange	see above	see above	margarine	mayo packet	ketchup & mayo packet
Fruit	Apricots	Diced peaches	Tropical fruit salad	Mandarin oranges	Fresh orange
milk	1%	1%	1%	1%	1%

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Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Date	5/17/2010	5/18/2010	5/19/2010	5/20/2010	5/21/2010
	6/28/2010	6/29/2010	6/30/2010	7/1/2010	7/2/2010
	8/9/2010	8/10/2010	8/11/2010	8/12/2010	8/13/2010
Entrée	Meatball sub sandwich (3 oz) w/ tomato sauce	Egg salad sandwich (3 oz)	Waffle sticks (4) w/ maple syrup & sausage links (3)	Breaded chicken leg (3 oz)	BBQ pulled Pork sandwich (3 oz.)
Vegetables	Peas & carrots	Brown bean salad	Carrot raisin salad	Macaroni salad w/ vegetables	Parsley round potatoes
	Tossed salad (3/4 c) w/ ranch dressing	Cucumber slices	Orange juice, 4 oz (100% juice)	Creamy confetti coleslaw	Corn relish
Bread	Whole wheat hotdog bun	Whole wheat bread, 2	see above	Whole wheat bread, 1	Whole wheat bun
Fat Exchange	ranch dressing	see above	margarine	see above	see above
Fruit	Fruit cocktail	Pineapple chunks	Diced peaches & cottage cheese (1/4 c)	Cinnamon applesauce	Fresh pear
milk	1%	1%	1%	1%	1%

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Week 3					
Date	Monday	Tuesday	Wednesday	Thursday	Friday
	5/24/2010	5/25/2010	5/26/2010	5/27/2010	5/28/2010
	7/5/2010 Agency Closed	7/6/2010	7/7/2010	7/8/2010	7/9/2010
	8/16/2010	8/17/2010	8/18/2010	8/19/2010	8/20/2010
Entrée	Chili con carne w beans (8 oz)	Sub: Turkey ham (1 oz.), turkey (1 oz.) & American cheese (1 oz.)	Cheese omelet (1) w/ sausage links (3)	Beef philly steak sandwich w/ melted mozzarella & green pepper & onion garnish	Chicken salad (3 oz.)
Vegetables	Carrot coins	Potato salad	Broccoli raisin salad	Peas & pearl onions	Macaroni salad w/ vegetables
	Tossed salad (3/4 c) w/ ranch dressing	Diced pickled beets & onions	Orange juice, 4 oz (100% juice)	Creamy confetti coleslaw	Italian green bean salad
Bread	Whole wheat bread, 1	Sub bun	Fruit muffin, 2 oz.	Sub bun	Croissant 1.5 oz.
Fat Exchange	ranch dressing	see above	see above	mayonnaise packet	See above
Fruit	Tropical fruit salad	Applesauce	Diced peaches	Pineapple chunks	Fresh apple
milk	1%	1%	1%	1%	1%

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Week 4					
	Monday	Tuesday	Wednesday	Thursday	Friday
Date	5/31/2010 Agency Closed	6/1/2010	6/2/2010	6/3/2010	6/4/2010
	7/12/2010	7/13/2010	7/14/2010	7/15/2010	7/16/2010
	8/23/2010	8/24/2010	8/25/2010	8/26/2010	8/27/2010
Entrée	Sloppy Joe sandwich (3 oz)	Tuna salad (3 oz.)	Macaroni & cheese (6 oz)	Breaded chicken patty sandwich (3 oz)	Meatloaf Sandwich (3 oz.)
Vegetables	Parsley round potatoes	Macaroni salad w/ vegetables	Carrot coins	Pasta salad w/ vegetables	Potato salad
	Baked beans	Cheesy pea salad	Creamy cucumber & onions	Tomato slices (2) & shredded lettuce (1/4 c)	Marinated three bean salad
Bread	Whole wheat bun	Seedless rye bread, 2	Dinner roll, 2 oz.	Whole wheat bun	White bread, 2
Fat Exchange	see above	see above	margarine	mayo packet	ketchup & mayo packet
Fruit	Apricots	Diced peaches	Tropical fruit salad	Mandarin oranges	Fresh orange
milk	1%	1%	1%	1%	1%

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Week 5					
	Monday	Tuesday	Wednesday	Thursday	Friday
	6/7/2010	6/8/2010	6/9/2010	6/10/2010	6/11/2010
	7/19/2010	7/20/2010	7/21/2010	7/22/2010	7/23/2010
	8/30/2010	8/31/2010	9/1/2010	9/2/2010	9/3/2010
Entrée	Meatball sub sandwich (3 oz) w/ tomato sauce	Egg salad sandwich (3 oz)	Waffle sticks (4) w/ maple syrup & sausage links (3)	Breaded chicken leg (3 oz)	BBQ pulled pork sandwich (3 oz.)
Vegetables	Peas & carrots	Brown bean salad	Carrot raisin salad	Macaroni salad w/ vegetables	Parsley round potatoes
	Tossed salad (3/4 c) w/ ranch dressing	Cucumber slices	Orange juice, 4 oz (100% juice)	Creamy confetti coleslaw	Corn relish
Bread	Whole wheat hotdog bun	Whole wheat bread, 2	see above	Whole wheat bread, 1	Whole wheat bun
Fat Exchange	ranch dressing	see above	margarine	see above	see above
Fruit	Fruit cocktail	Pineapple chunks	Diced peaches & cottage cheese (1/4 c)	Cinnamon applesauce	Fresh pear
milk	1%	1%	1%	1%	1%

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Week 6					
	Monday	Tuesday	Wednesday	Thursday	Friday
Date					
	6/14/2010	6/15/2010	6/16/2010	6/17/2010	6/18/2010
	7/26/2010	7/27/2010	7/28/2010	7/29/2010	7/30/2010
Entrée	Chili con carne w beans (8 oz)	Sub: Turkey ham (1 oz.), turkey (1 oz.) & American cheese (1 oz.)	Cheese omelet (1) w/ sausage links (3)	Beef philly steak sandwich w/ melted mozzarella & green pepper & onion garnish	Chicken salad (3 oz)
Vegetables	Carrot coins	Potato salad	Broccoli raisin salad	Peas & pearl onions	Macaroni salad w/ vegetabes
	Tossed salad (3/4 c) w/ ranch dressing	Diced pickled beets & onions	Orange juice, 4 oz (100% juice)	Creamy confetti coleslaw	Italian green bean salad
Bread	Whole wheat bread, 1	Sub bun	Fruit muffin, 2 oz	Sub bun	Croissant (1.5 oz)
Fat Exchange	ranch dressing	see above	see above	mayo packet	see above
Fruit	Tropical fruit salad	Applesauce	Diced peaches	Pineapple chunks	Fresh apple
milk	1%	1%	1%	1%	1%